

10-DAY TRANSFORMATION

Athlete

PRODUCTS:

Super Amino 23 + Power Shake + Apothe-Cherry + Super Lytes + Super Life. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.

This program is based with our Core3 products and enhanced with supportive products to get back into your fitness routine. The schedule is important to stick to, but is also designed to modify for your own needs.

SCHEDULE

3 servings of Flex Foods or Flex Beverages per day. The Flex options may be consumed with the Super Amino 23, Power Shake or Apothe-Cherry. Plus, a 300-calorie Flex Meal is recommended per every 30 minutes of exercise. Visit blog.puriumcorp.com for recipe ideas.

☀ Rise and shine	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
🕒 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Super Life Formula - 3 capsules
🕒 2 hours later	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
🕒 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Super Life Formula - 3 capsules
🕒 2 hours later	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
🕒 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Super Life Formula - 3 capsules
🌙 2 hours later	Apothe-Cherry - 2 tablespoons mixed with water or a Flex Beverage 30-60 minutes before sleep

👉 Post-workout Flex Meal	Eat a protein rich meal made from approved food sources to equal 300 calories per 30 minutes of workout per day
---------------------------------	---